

MINDReach: From Policy to People

The **MINDReach: From Policy to People** project launched its initial session, "**MINDReach: Sleep Hygiene, Psychological Well-being and Mental Health Literacy**," to deliver accessible mental health awareness to secondary students. Organized by Loreto College's Centre for Community Engagement & Service Learning, the initiative aligns with the National Education Policy (NEP 2020) and Unnat Bharat Abhiyan (UBA) frameworks.

- **Event:** MINDReach Session 1 – Sleep Hygiene & Mental Health Literacy
- **Date & Time:** August 22, 2026
- **Host:** Centre for Community Engagement & Service Learning, Loreto College
- **Venues:** Sarsuna Boys' High School & Sarsuna Girls' High School, Kolkata
- **Speaker & Moderator:** Sudhanya Roy Chowdhury (Psychologist) & Karobi Das (Coordinator)
- **Target Audience:** Secondary and senior-secondary school students
- **Total Attendance:** 135 secondary and senior-secondary students (92 boys, 43 girls)

Program Rationale & Key Objectives

Sleep hygiene serves as an approachable, non-stigmatizing entry point to discuss student well-being and daily mental health.

Core Learning Objectives

- **Mind-Body Link:** Understand how sleep impacts focus, mood, and cognitive performance.
- **Identifying Barriers:** Recognize environmental and behavioral obstacles to healthy sleep.
- **Practical Habits:** Learn actionable routines to improve sleep based on American Sleep Association guidelines.
- **Distress Literacy:** Use the 0–10 Subjective Units of Distress (SUD) scale to express stress clearly.
- **Stigma Reduction:** Normalize seeking help and build trust in available institutional support.

Detailed Session Execution & Core Content

1. Warm-Up & Conceptual Grounding

- **Warm-up & Interactive Tasks:** Facilitators initiated discussions on mental health dimensions and used peer-paired activities to build participation confidence.

- **Sleep Hygiene & Habits:** Mapped common factors like bedtime screen time and study stress, sharing strategies for regular sleep schedules and relaxation routines.
- **Stress Tracking (SUD Scale):** Introduced the 0–10 scale so students can quantify and communicate emotional strain easily.
- **Reflection & Commitments:** Guided students to choose one manageable change, such as setting a fixed wind-down time.

Facilitation Protocols & Safeguarding Guidelines

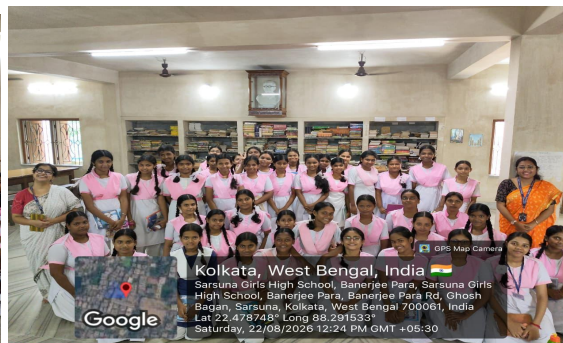
- **Psychological Safety:** Voluntary participation with zero tolerance for peer judgment or disclosure of personal medical history.
- **Confidentiality:** No forced disclosures or public handling of trauma.
- **Support Pathway:** Clear steps to refer students showing high emotional distress to qualified counselors confidentially.

Photographic & Field Documentation

FLYER OF THE EVENT:



PHOTOS OF THE EVENT



Institutional Alignment & Sustainable Development Goals

This program directly supports **NEP 2020** (Holistic Education) and **Unnat Bharat Abhiyan**, while contributing to UN Sustainable Development Goals, notably **SDG 3 (Good Health & Well-being)** and **SDG 4 (Quality Education)**.

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